

### **AMENDMENTS TO THE CLAIMS**

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### **Listing of Claims:**

1. (Currently Amended) A weight lifting system configured to enable convenient coupling of weights to a handle, the weight lifting system comprising:  
  
a handle having first and second opposing ends, the opposing ends having a hollow interior;  
  
a plurality of weight plates, each weight plate having an aperture therethrough;  
  
and  
  
first and second locking mechanisms configured to selectively couple the weight plates to the respective opposing ends of the handle, at least one of the first and second locking mechanisms comprising: ~~a moveable cam~~ (i) a moveable member that selectively engages an interior surface of the handle; and (ii) a push rod selectively contacting different portions of the moveable member such that movement of the push rod selectively positions the moveable member into a locked position.
2. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member comprises a cam follower that is configured to be selectively engaged with an interior surface of the handle.
3. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam-moveable member~~ has threads configured to threadedly engage an interior surface of the handle.

4. (Currently Amended) A weight lifting system as recited in claim 1, wherein each locking mechanism comprises (i) a sleeve, ~~the cam~~ said moveable member, wherein said moveable member is being rotatably coupled to the sleeve, and (ii) a push rod that slides within the sleeve and selectively contacts different portions of ~~the cam~~ said moveable member so as to selectively ~~the position of the cam~~ move said moveable member into a locked position.
5. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member has a slanted body.
6. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member selectively moves between a locked position and an unlocked position within an interior surface of the handle.
7. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member is selectively actuated ~~rotated~~ through the use of a push rod.
8. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam~~ moveable member is selectively in threaded engagement with an interior surface of the handle.

9. (Currently Amended) A weight lifting system configured for selective coupling of weight plates to a handle and for convenient disengagement of the weight plates from the handle, the weight lifting system comprising:

a handle having hollow interior surfaces on opposing ends thereof;

a plurality of weight plates, each weight plate having an aperture therethrough;

and

first and second opposing locking mechanisms each having a portion configured to extend through the weight plates and into the interior surface of the handle, each wherein at least one -locking mechanism comprises: ~~comprising~~ (i) a ~~cam~~ moveable member configured to selectively engage the interior surface of an respective end of the handle; (ii) a rod configured to selectively move the moveable member, and (iii) a biasing member configured to bias the rod with respect to the moveable member.

10. (Currently Amended) A weight lifting system as recited in claim 9, wherein ~~the weight plates are configured to nest within each other~~ the biasing member biases the rod into a locked position.

11. (Currently Amended) A weight lifting system as recited in claim 9, wherein ~~the weight plates have a frusto-conical shape~~ the biasing member comprises a spring.

12. (Original) A weight lifting system as recited in claim 9, wherein the portion of each locking mechanism configured to extend through the weight plates and into the interior surface of the handle comprises an elongate portion.

13. (Currently Amended) A weight lifting system as recited in claim 9, wherein the moveable member ~~eam~~ is selectively locked or unlocked with respect to the handle.

14. (Currently Amended) A weight lifting system comprising:

a handle;

a plurality of weights; and

first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms ~~including~~ comprising: (i) a moveable threaded member that selectively engages an interior surface of the handle; and (ii) a rod configured to selectively move the moveable threaded member with respect to the interior surface of the handle.

15. (Currently Amended) A system are recited in claim 14, wherein the moveable member comprises a cam follower.

16. (Currently Amended) A system as recited in claim 14, wherein twisting the moveable member ~~cam~~ in one direction tightens the threads of the moveable member ~~cam~~ against internal threads of the handle and wherein twisting the moveable member ~~cam~~ in an opposing direction threads the locking mechanism out of the handle.

17. (Currently Amended) A weight lifting system comprising:

a handle;

a plurality of weights; and

first and second locking mechanisms that couple a respective weight to opposing ends of the handle, the locking mechanisms each including (i) a rotating member that selectively engages an interior surface of the handle; and (ii) a push rod selectively contacting different portions of the rotating member such that movement of the push rod selectively positions the moveable member into a locked position.

18. (Currently Amended) ~~A weight lifting system as recited in claim 17, wherein the rotating member comprises a cam.~~ A weight lifting system as recited in claim 17, wherein each of said locking mechanisms further comprises (i) a sleeve, having a respective rotating member coupled thereto, and (ii) a push rod that slides within the sleeve and selectively contacts different portions of the rotating member so as to selectively move the rotating member into a locked position.

19. (Currently Amended) A weight lifting system as recited in claim 18, wherein the cam follower has threads thereon.

20. (Original) A weight lifting system as recited in claim 19, wherein the threads selectively engage an interior surface of the handle.

21. (Currently Amended) A weight lifting system comprising:
- a handle;
  - a plurality of weights; and
  - first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising a cam assembly that selectively engages an interior surface of the handle wherein the at least one cam assembly comprises (i) a member that rotates from a nonengaged position to an engaged position; and (ii) a rod configured to move in a linear direction in order to cause the member to rotate from the nonengaged position to the engaged position.
22. (Original) A weight lifting system as recited in claim 21, wherein each cam assembly comprises (i) a member that rotates between an engaged position and a non-engaged position; and (ii) a rod configured to selectively move the member.
23. (Currently Amended) A weight lifting system as recited in claim 21, wherein each cam assembly comprises a rotatable cam follower and a push rod that selectively moves the cam follower.

24. (Original) A weight lifting system comprising:
- a handle having a grip configured to be grasped by a user;
  - a plurality of weights, each of the weights having an aperture therethrough; and
  - first and second locking mechanisms that couple a respective weight to an opposing end of the handle, each of the locking mechanisms including a cam assembly, the cam assembly comprising (i) a threaded moveable member that selectively engages an interior surface of the handle; and (ii) a push rod configured to selectively contact different portions of the moveable member, such that movement of the push rod selectively positions the moveable member into a locked position or an unlocked position.